

## Services supporting youth & young adults: Fentanyl & Opioids

### Resources for physicians, service providers, parents, and young people

In Washington State and throughout the United States, opioids and fentanyl are being misused at an alarming rate. Washington State has a variety of available resources for service providers, families, and young people to help support combatting fentanyl, opioid use, and risk for overdose.

Intentional or accidental overdoses can occur when an individual takes too much of a drug – even if it’s the first time taking the drug, and whether the drug is illicit, prescription or over the counter. Learn more on what you should do during a drug overdose.

### Service providers

	Resource
Where can I find help?	<a href="#">Suicide and Crisis lifeline: 988</a> <a href="#">Recovery Help line</a> <a href="#">Medications for Opioid Use Disorder (MOUD) locator</a>
What kind of help can my local county crisis line provide?	<p>There are local county crisis lines if a youth, young person is a danger to themselves or others. <a href="#">An evaluation by a designated crisis responder (DCR) can determine if they meet criteria to be involuntarily detained can be requested.</a> If there has been no action taken and are an “immediate family member” you may file a petition though <a href="#">Joel’s law</a>.</p>
How do I find a drug and alcohol mental health provider?	<p><b>Apple Health:</b> <b>For youth, young adults with Apple Health</b>, a care coordinator can assist with navigation, access, and coordinate between levels of care to ensure continuity and support. You can request this service by calling your health plan.</p> <p><b>Private insurance:</b> <b>For youth, young adults with private insurance</b>, a care coordinator can be requested to assist with navigation, access, and coordination between level of care to ensure continuity and support. You can request this service by calling your health plan.</p> <p><a href="#">Washington Recovery Help Line</a> is an anonymous, confidential 24-hour help line for Washington State residents. This help line is for those experiencing</p>

	<p>substance use disorder, problem gambling, and/or a mental health challenge. Callers can also be connected with local treatment resources and community services.</p> <p>Phone: 1-866-789-1511</p> <p>The <a href="#">Medication for Opioid Use Disorder (MOUD) locator</a> provides local clinics and programs that use evidence-based treatments to treat opioid use disorder.</p>
<p>Can I still receive care without insurance?</p>	<p>If a young person doesn't have insurance, they can access the <a href="#">regional behavioral health administration service organization (BH-ASO)</a> for assistance.</p>
<p>What programs are available?</p>	<p><a href="#">Adolescent Initiated Treatment</a> – An adolescent, 13 to 17 years old, may request an evaluation for outpatient or inpatient mental health or substance use disorder treatment without parental consent.</p> <p><a href="#">Family Initiated Treatment (FIT)</a> – A parent, guardian, kinship caregiver, other relative or authorized individual may bring their adolescent age 13 to 17 years old to any mental health evaluation and treatment facility, hospital, inpatient facility or an approved substance use disorder (SUD) treatment program and request that a mental health evaluation or substance use disorder assessment be conducted by a professional person to determine whether the adolescent has a mental health or substance use disorder and is in need of inpatient or outpatient treatment.</p>
<p>How do I learn more and access naloxone?</p>	<p><a href="#">Access at a pharmacy</a></p> <p><a href="#">How to locate naloxone</a></p> <p><a href="#">Prescription drug program billing guide</a></p> <p><a href="#">Overdose and naloxone distribution</a></p>
<p>How do I find a syringe service near me?</p>	<p><a href="#">Syringe Service program directory</a></p>

## Parents and families

	Resource
<p>Where can I find help?</p>	<p><a href="#">Suicide and Crisis lifeline: 988</a></p> <p><a href="#">Teen link</a></p> <p><a href="#">Recovery Help line</a></p>

	Medications for Opioid Use Disorder (MOUD) locator
<p>What kind of help can my local county crisis line provide?</p>	<p>There are local county crisis lines if a youth, young person is a danger to themselves or others. <a href="#">An evaluation by a designated crisis responder (DCR) can determine if they meet criteria to be involuntarily detained can be requested.</a> If there has been no action taken and are an “immediate family member” you may file a petition though <a href="#">Joel’s law</a>.</p>
<p>I think my teen needs an assessment.</p>	<p>It’s never too early or too late to ask for support. Call your insurance company to request a care coordinator and find local drug and alcohol providers in your area.</p>
<p>How do I find a drug and alcohol mental health provider?</p>	<p><b>Apple Health: For youth, young adults with Apple Health</b>, a care coordinator can assist with navigation, access, and coordinate between levels of care to ensure continuity and support. You can request this service by calling your health plan.</p> <p><a href="#">Washington Recovery Help Line</a> is an anonymous, confidential 24-hour help line for Washington State residents. This help line is for those experiencing substance use disorder, problem gambling, and/or a mental health challenge. Callers can also be connected with local treatment resources and community services.</p> <p>Phone: 1-866-789-1511</p> <p>The <a href="#">Medication for Opioid Use Disorder (MOUD) locator</a> provides local clinics and programs that use evidence-based treatments to treat opioid use disorder.</p>
<p>How do I find support services?</p>	<p><b>Adolescent Initiated Treatment</b> – An adolescent, 13 to 17 years old, may request an evaluation for outpatient or inpatient mental health or substance use disorder treatment without parental consent.</p> <p><b>Family Initiated Treatment (FIT)</b> – A parent, guardian, kinship caregiver, other relative or authorized individual may bring their adolescent age 13 to 17 years old to any mental health evaluation and treatment facility, hospital, inpatient facility or an approved substance use disorder (SUD) treatment program and request that a mental health evaluation or substance use disorder assessment be conducted by a professional person to determine whether the adolescent has a mental health or substance use disorder and is in need of inpatient or outpatient treatment.</p>

	<p><a href="#">The Center of Parent Excellence (COPE) project</a> – Provides a pathway for Washington State parents who are accessing and navigating the children’s behavioral health system to have peer support to ease their journey.</p>
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## Teens & young adults

	Resource
<p>Can I access support on my own without my parent or guardian?</p>	<p>Yes. A teen, 13 to 17 years old, may request an evaluation for outpatient or inpatient mental health or substance use disorder treatment without parental consent. <a href="#">Learn more.</a></p>
<p>How harmful is fentanyl?</p>	<p>Starts With One and Laced &amp; Lethal are resources designed to inform and provide education about the dangers of drug misuse.</p> <p><a href="#">Starts with One</a></p> <p><a href="#">Laced &amp; Lethal</a></p>
<p>What is the Good Samaritan law?</p>	<p>If you seek medical assistance in a drug-related overdose, you and the victim cannot be prosecuted for drug possession. <a href="#">Learn more.</a></p>
<p>How do I find a drug and alcohol mental health provider?</p>	<p><a href="#">Apple Health</a>: For youth, young adults with Apple Health, a care coordinator will assist with transitions and coordination between levels of care to ensure continuity and support. You can request this service by calling your health plan.</p> <p><a href="#">Washington Recovery Help Line</a> is an anonymous, confidential 24-hour help line for Washington State residents. This help line is for those experiencing substance use disorder, problem gambling, and/or a mental health challenge. Callers can also be connected with local treatment resources and community services.</p> <p>Phone: 1-866-789-1511</p> <p>The <a href="#">Medication for Opioid Use Disorder (MOUD) locator</a> provides local clinics and programs that use evidence-based treatments to treat opioid use disorder.</p>
<p>Where do I find help?</p>	<p><a href="#">Teen link</a> is a program that serves youth in Washington State. Their teen volunteers are trained to listen to your concerns and talk with you about</p>

bullying, drug and alcohol concerns, relationships, stress, depression or any other issue you're facing.

Phone: 1-866-833-6546

## Additional resources

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### Crisis line resources

Resource	
Never Use Alone	Is a crisis line for individuals to connect with when using drugs alone, so emergency responders can be notified in the event the person becomes unresponsive.  Phone: 1-800-484-3731
Mandy's line	Mandy's line is a crisis line where individuals can connect with someone with substance use disorder lived experience to provide peer support.  Phone: 1-800-943-0540

### Education resources

Resource	
What should I do during a drug Overdose?	Intentional or accidental overdoses can occur when an individual takes too much of a drug – even if it's the first time taking the drug, and whether the drug is illicit, prescription or over the counter. <a href="#">Learn more</a> on what you should do during a drug overdose.
Washington State Community Connectors	Is a statewide network of parents, caregivers, youth, family-run organizations, and system partners, dedicated to inproviding the availablity and impact of child and family behavioral health serivces.  They facilitate and provide training and technical support to the members of their community. Family, Youth, and Systems roundtables advoate for the needs of children and families and provide peer support services.
Wraparound with Intensive Serices (WISE)	Is an approach to help children, youth, and their families with intensive mental health care. Services are availabe in home and community settings and offer a system of care based on the individualized needs of the child or youth.

	<p>WISe is a voluntary service that takes a team approach to support you and your family in meeting your goals.</p>
<p>Prenatal, child, and youth adult behavioral health services</p>	<p>Behavioral health (mental health, substance use disorder, and problem gambling) services are available to children, youth, and young people from birth through age 25 and their families.</p> <p>Youth ages 13 and older can get behavioral health services without prior consent from a parent, guardian, or a family member.</p>
<p>Stop Overdose.org</p>	<p>StopOverdose.org is a project that offers education and technical assistance for individuals, professionals, and communities in Washington State who want to learn to prevent and respond to overdose, and improve the health of people who use drugs.</p>
<p>Department of Health – Behavioral Health</p>	<p>The Department of Health provided resources and recommendations.</p>
<p>Washington Office of Superintendent of Public Instruction (OSPI)</p>	<p>OSPI provides resources that can help Washington’s youth achieve a healthy lifestyle.</p>
<p>Where do I find help?</p>	<p><a href="#">Teen link</a> is a program that serves youth in Washington State. Their teen volunteers are trained to listen to your concerns and talk with you about bullying, drug and alcohol concerns, relationships, stress, depression or any other issue you’re facing.</p> <p>Phone: 1-866-833-6546</p>